

Sydney Striders

**Road Runners' Club
Australia**



Edition No. 70: May - July 1998

It has happened again!!

There were some Striders who didn't have the AGM in mind on Saturday May 16th. And why should they - the AGM was not scheduled until the following morning - and at that time they couldn't care less. Fully understandable from a spectators view because Richard made an honest woman of Bronwyn that day. Congratulations from all Striders to both of you. Judged by the accompanying photos, they were most likely occupied elsewhere during the AGM (with dish washing, vacuuming etc.).

After the Taylors, the Tillers, the Russells , the... I wonder how many married couples the Club has "produced" , or how many married couples actually are members of the Striders?? Maybe the database manager can answer that question??



Bronwyn and Richard very short after the ceremony.

Content of Blister No. 70:

- ◆ Peter Cookson run the Internet
 - ◆ Mark Fiori completes his first Forster Ironman
 - ◆ 10k-series: Races 4-6
 - ◆ Striders Awards Dinner
 - ◆ Michael Bailey's 33 min PB!!
 - ◆ Striders full & 1/2 M'thon C'ships
 - ◆ Comrades
 - ◆ Club News
 - ◆ Coming events
 - ◆ Letters to the editor
- AND MUCH MORE**

The Blister

Quarterly Journal of Sydney Striders Road Runners Club Inc (Founded 1980), P.O. Box 679, Crows Nest, NSW 2065, Australia. Opinion expressed herein by members or non-members do not necessarily represent official club policy.

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Copy requirements

Members contributions usually given priority. Non-members efforts welcome too. Submit preferably via email or on diskette. Legible typed/faxed/handwritten also OK. Word limit for major articles approx. 1800. **DEADLINE DATES** in Club News. Late contributions printed in next edition, if still relevant. Email: Text in body of email message much preferred. Send tabular material as email attachments. **Avoid fancy formatting**, which will only have to be edited out. If in doubt about formats etc, please phone the editor.

Color or B/W photos, line drawings, cartoons etc most welcome. Verbal contributions may be lost even if followed by a very large bribe, although the editor always are interested in rumours, gossip and well constructed speculations. Disks and photos will be returned to somewhere at some stage.

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I'm unaware who - except from yours truly - receives the Blister-contributions. That must be a question for the webguru.

Credits

Photographs were supplied by Graham Butler, Jim Screen and Nick Themsen.

First Impressions at Roseberry did the printing. Special thanks to Brian Tailford and Julie Hemsworth.

Thanks to all contributors who make up this issue of the Blister: Michael Bailey, Graham Butler, Jonathan Worswick, Mark Fiore, Peter Cookson, Kevin O'Kane and all the letter correspondents and committee members.

Proofreading was done by a spell checker with no grammatical sense. And there was no contributions from S.W. bag or Captain Anorak in case you think they are left out deliberately.



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The Presidents Report



Clothing again

Where to from here? We have a new uniform which readily identifies us as Sydney Striders. The singlet is much better than the old one and the shorts are better than any of the designer running gear I have accumulated over the years.

The singlet is a little challenging for some in so much as it is not as long as

the old one and the green band has been located lower because of the larger arm holes. This means that in most cases race numbers are better placed above the band instead of below. For very large numbers such as those provided for City to Surf it means lining the top of the number up with the bottom of the green band and not tucking the singlet into the shorts. Is this such a problem?

If there is sufficient demand for a slightly longer singlet which will cater for the number below the green band we will certainly make the necessary arrangements for future stocks.

In the near future we shall distribute a clothing brochure displaying all of the items available. Orders will be on a prepaid basis and will include bike shorts and tops, tri-singlets, bra-tops, long sleeve thermal tops and so on.

AGM

The annual meeting scheduled for 17 May was an expensive disaster. Not only did we cater for a quorum but we hired a venue to ensure that issues important to individuals could be properly addressed in a reasonable environment. We did not have a quorum so the meeting was abandoned and rescheduled for 7 June after the Davidson STaR. The second attempt was successful in so much as enough members were present to enable the meeting to proceed. As a meeting it was impossible to speak above the traffic noise or to put up with the cold. I thought the whole thing was an insult.

Goodbye Wendy

During the month we said goodbye to Wendy Downes. Wendy and husband John have moved to Airlie Beach in Queensland. Wendy was a terrific member of the Striders and never hesitated to

lend a hand or give advice when asked. We wish Wendy & John every success and trust that if Wendy ever comes to Sydney again she will do so on a Sunday morning and join us at a STaR. (6.10 Group).

We also had news that Derek Smith had undergone a heart by-pass operation. We wish him all the very best for a complete and speedy recovery.

We have been invited to compete in the Inter-Club Challenge to be held on 18 October at the Cordeaux Dam which is about 20 kms west of Wollongong. This is an ideal place for a picnic so it has been suggested that as well as supporting the Challenge we also hold our annual picnic at the same time. Please put this in your diary and watch out for more details.

Finally we have a confirmed Sydney Marathon for 1998. All we have to do is support it. So please put your entry in as soon as possible and show the world that Sydney Striders are alive and well.

Jim Screen

The Comrades

The complement of Sydney Striders at this year's Comrades was reduced to a mere 4. Carl Barker eventually made the decision to front up while yours truly, Dick Bartlett and Pierre van Heerden were the others.

I didn't actually see Carl, but his time of 8.20 was way off his down run time of 6.18 last year. I did hear that he was not a happy chappy. He will not be the first (and certainly not the last) to discover that the up run is a totally different race to the down run. Attack the up run aggressively and it will sort you out in a big way.

Dick Bartlett had a good run to the halfway mark but was plagued by cramps in the second half and had to walk literally from the bottom of Polly Shorts to the finish.

Strider's results:

Carl Barker	8.20
Alf Field	9.26
Pierre van Heerden	9.49
Dick Bartlett	10.33

(continued page 4)

The Comrades (continued from page 3)

The race was won by the Russian Dimitri Gishine in 5.26, a new record for the up run. Second was Charl Mattheus (who won last year's event) in 5.31. Russians filled 4 of the first 5 places.

The ladies race was won by a 44 year old veteran, South African Rae Bischoff in 6.38, holding out the Russian ladies. I think that Lisa Ondieki was having an easy run to just experience the course.

Letters to the editor.

Firstly I must admit that this is my first attempt to produce a Blister and consequently some of the letters received really was meant for GB and SC's attention. However, I will reveal the content of these letters here anyway.

Greetings from the USA:

Just thought I would write a letter of appreciation to all the wonderful people I met while on holiday in Australia. My alleged purpose for coming to Australia was to run the Canberra Marathon and thus complete my goal of running a Marathon on each of the world's seven continents. My real purpose was to see Australia and confirm my impression that it was one of the nicest and friendliest places to visit. I am pleased to report that I was very successful in both endeavours.

It all started when at the start of the Istanbul Marathon in October 1997 there was total chaos and seeking refuge from the maddening start I saw a runner a few yards ahead of me with *Sydney Striders* name on the back of his shirt. Catching up I found that he spoke English, was planning to run slightly less than 4 hours and his name was Graham Butler. From that point on we ran that crazy event together.

A few months later through the power of the Internet and E-mail we remained in contact and I decided to run the Canberra Marathon. Through the help and hospitality of Graham and Debbie and the good company of Roger Rigby and Irwin Light plus the cooperation of the gods of good weather I finished the Canberra Marathon and accomplished my goal of running a Marathon on every continent. The Marathon organised and directed by Dave Cundy should be a primer for all persons wishing to put on a well organised and successful Marathon. However, that was just the start of a wonderful trip.

Having met some of the Sydney Striders in Canberra and touring the area with Graham and Debbie including seeing the finish area of the Brindabella Classic before the Marathon we were off to Melbourne for two days and Tasmania for six before returning to Sydney. Once back in Sydney we were again met by Graham who took us to the Blue Mountains and gave us a grand tour. However the highlight of our time in Sydney was the runs with the Striders. These included runs to Mosman from North Sydney and a wonderful run on the morning of our departure to home when we ran from the Football Stadium out to the Eastern beaches including Coogee and Bondi. Returning to the stadium Irwin took me in to the holiest of holies, the Sydney Cricket Ground and to the hallowed changing rooms. After each run we went to coffee which really impressed me since after 23 years and 30 Marathons any veteran knows that anyone can run, but how well can he order and consume coffee and sweet rolls? That's where the real experience of the long distance runner really shows up.

My thanks to all of the Sydney Striders who we met and ran with. A special note of thanks to John Ayliffe for a copy of his book which I have just begun to read, to Roger and Irwin for giving me a Sydney Striders T-shirt and especially to Graham and Debbie who went overboard to make our trip the great success.

My hope is that many of the Sydney Striders will choose to visit the San Francisco area in the future so that we can return the wonderful hospitality we were shown. Irwin is coming here next week and we intend to run him around the bay, and Roger plans to come to run the Big Sur Marathon in April of 1999. We will do our best to entertain any of you who come our way.

Sincerely,

Bruce & Jackie Horwitz

The first truth of running:

Headwind last twice as long as tailwind.

Letters to the Editor (continued from page 4)

Steve. What a lovely lunch that was! We enjoyed all the company very much indeed - in spite of the fact that the one-day cricket turned out to be about as boring as the American ball game they pinched it from.

I was sorry to hear about your resignation and sincerely hope you find something good in your field soon. Here's the short message I sent the Blister:

"It was such a pleasure to open the latest Blister and find a review of my book. Thank you. Which brings me to apologise for not having been around my favourite club much these past couple of years. Believe me, I truly missed those Sunday mornings, the banter, the friendship.

Writing "Blind Man's BLUFF" was a hard slog, of course (isn't anything you really, really want to do - or you'll turn blue?). Writing is a learning experience as much as anything and "Bluff" was always going to be a big book. It soon proved to be a big learning experience.

I read recently that there is no such thing as good writing, only good re-writing and I did a lot of that! So it turned out to be a marathon, at which point I began to feel quite at home. Now I'm held together by two addictions, in 1998 the trick will be to balance them out a little better.

So expect to see me a little more. God bless you Sydney Striders - for bringing so much meaning to my life."

John Ayliffe.

INTER-CLUB CHALLENGE and CLUB PICNIC: Sunday 18 October 1998

For many years now a few of the major running clubs have held an annual inter-club challenge which consists of a 10K race, generally on a cross country type course. Points are awarded for every member who finishes the run. There is no limit on the number of entrants so obviously the Club with the most number of entrants has an advantage. The main supporters of the Challenge have been Billies Bushies, Western District Joggers & Harriers, Campbelltown Joggers and the Kembla Joggers. The main

aim of the day is to get together for a bit of fun and rivalry and to get to know members of the other clubs.

Sydney Striders has, from what I can gather, participated on at least one occasion many years ago but for whatever reason has never seen fit to participate on a regular basis. Indeed, over time the other clubs given up inviting us to attend.

A few years ago Sydney Striders commenced a picnic relay day. Originally held in the Duralong Valley it was a huge success the first year. Fewer attended the second and third years at which time it was switched to the Royal National Park. This was a great venue but was supported by even fewer people. In 1996 the venue was Centennial Park where the crowd in attendance, including children, dogs and organisers was 20. No attempt was made in 1997 to entice members to support the Club at another picnic.

The concept of a picnic day where all family members can get together for an informal day has a lot of attraction. Apart from STaRS our Club has three organised functions a year. Two are directly involved with the presentation of awards and are reasonably well attended. The third is the Equaliser Cross Country Run which this year, on a beautiful fine day attracted about 27 runners. Need we say any more?

This year we want to achieve two objectives. One is to support the Inter-Club Challenge and the other is to have a family picnic.

The venue for the Inter-Club Challenge which starts at 10.00 a.m. is likely to be the picnic and BBQ grounds at the Cordeaux Dam, situated about 20Kms west of Wollongong or about 90 minutes from Sydney. This is a great venue with all facilities. There is plenty of room for children, bike riders and sun bakers. The run is not over difficult terrain. More information will be distributed when final arrangements are made by Kembla Joggers who are this year's host.

Please put the date in your diary as a must attend day and be prepared to run, support your Club, meet some fellow runners from other Clubs (there the ones we see at all the other events we go in) and get to know your fellow Sydney Striders.

Provisional Results

Sydney Striders Road Runners Club Marathon Championship, Canberra

Male Open:

1.	Andrew Smith	2.49.13
2.	Richard Briscoe	2.51.49
3.	Kelvin Marshall	2.53.33
4.	Guy Griffin	3.01.23
5.	Tim Austin	3.04.11
6.	David Loader	3.16.07
7.	Geoff Taylor	3.31.49
8.	Richard Wassell	4.13.06

Female Open:

1.	Joanne Cowan	2.52.00
2.	Julie Wessels	3.38.28
3.	Joan Boltz	3.55.28
4.	Bronwyn Roberts	4.05.39

Male Veterans 40-49 yrs.

1.	Graham Murphy	2.55.18
2.	Stephen Urwin	3.01.43
3.	Mike Ward	3.14.01
4.	Keith White	3.25.44
5.	Peter Cookson	3.27.01
6.	Mike Hansen	3.30.33
7.	Mahmoud El-Khansa	3.31.52
8.	David King	3.34.37
9.	Kevin O'Kane	3.45.31
10.	Graham Butler	3.54.36

Female Veterans 35-49 Yrs.

1.	Joanne Cowan	2.52.00
2.	Julie Wessels	3.38.28
3.	Margaret White	4.04.22

Male Masters 50-59 Yrs.

1.	Michael Wilson	3.24.23
2.	Dick Bartlett	3.34.49
3.	Jim Screen	3.36.55
4.	Roger Rigby	3.53.52
5.	Brad Renshaw	3.58.41
6.	Michael Bailey	4.03.50
7.	Bill Blecha	5.12.36

Female Masters 50-59 Yrs.

1.	Joan Boltz	3.55.28
2.	Penny Smith	3.59.39

Male Seniors 60 Yrs+

1.	Manfred Fiedler	3.47.17
2.	Neil McPherson	3.48.18
3.	Frank Dearn	5.24.24

The SUNDAY TELEGRAPH Sydney Marathon.

Sunday 6 September 1998.

North Sydney to Homebush

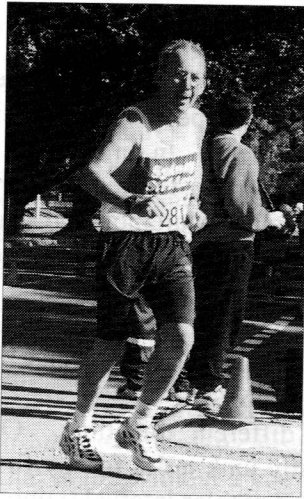
Yes its on. Thanks ever so much to new sponsor The Sunday Telegraph. After last years fiasco the news that a major sponsor has come forward is very good news indeed. All we have to do is show our appreciation by entering and competing in the race. It is of the greatest importance that as many Sydney Striders as possible who can crawl ,limp, walk or run enter the marathon and demonstrate that as a running club we fully appreciate the gesture being made by The Sunday Telegraph. Only by showing our support in the most tangible of ways can we help make sure that the marathon will continue in future years.

There are plenty of knockers in Sydney Striders and already some are saying that there isn't enough time to train (even though they run 30ks every Sunday etc). We need to show our support and the way to do it is to enter and compete. As runners we have everything to gain.

If we fail to support this year's marathon it might be a very long time before another organisation with enough faith in Sydney's distance running community comes forward to provide us with a Sydney Marathon. So please let us all make a special effort and show every one some Sydney Strider spirit.

Entry forms are available at STaRs or in The Sunday Telegraph. For further information phone (02) 9552-1244 or if you are outside the Sydney Metro. Area 'phone toll free on 1800 659 873. Fax number is (02) 9552-1987.

The Marathon and me.



Michael Bailey during his attempt to break 4 hours - producing a PB of 33 mins!!

Christ Bails! - just for once can't you have a conversation without somehow managing to introduce the subject of marathons!

Yes the marathon has become all consuming for me and yet I'm still married to 'I really do support you but cook your own ruddy pasta' Roslyn.

Nick Themsen asked me to write something for Blister and that's about as far as the instructions went. I want to give an account of how it has been for me since meeting the Striders and how, seriously and not so seriously, it has affected my life.

A brief history. I'm 54, smoked till I was 40, did almost literally no exercise from leaving school till I was 50 and since then have become an extraordinary expert on marathon running - I've run 2!

The beginning

Generally I'm a pretty committed type of person but was aware of a lack of commitment to any sort of exercise/health program despite having joined a gym. Some work mates were having similar experiences so we hired the services of a personal trainer - I still use her services nearly 4 years later. The others dropped out one by one and I embarked upon the then considerable challenge of running the City to Surf in 1995 - I did it and was thrilled to bits but what next? I was discovering that I was a goal orientated character so to just run for the hell of it was not and still isn't for me.

Someone suggested running a half marathon - ah what the hell, why not a full one! So the challenge was on.

Here's the first lesson. When I was planning to stop smoking I told the world. To me, that was part of the support I was giving myself - if I

didn't quit, everybody would know that I had failed.

So, just after the City to Surf in 1995 I told everybody who would listen that I was about to join that small elite fraction of the population who had the guts, determination, mental fortitude, character, discipline etc etc who were good enough to run a marathon. I'm not sure I believed it myself but sure as hell I couldn't pull out now.

MTG

I put a notice on the board in the gym seeking a running partner to train with. I got a phone call from someone who told me to ring a bloke called Kevin O'Kane - "I'll be the one with the dog" he said having told me where they'd be meeting on Sunday morning at six o'clock. "Six o'clock" I protested. Kevin explained that there was a seven o'clock group in theory but usually no one ran at that time - so six o'clock it was and has been ever since.

My first experience of the group was being told in no uncertain manner that I wasn't there to show what a bloody good runner I was so just stick with the group and all would be well. Little did Pam know that even at an initial 6 minute pace I was having some difficulty keeping up. Distances gradually increased and I felt very much part of Kevin's now infamous 'Marathon Training Group' running with the likes of Nick, Elana, Rosanne, Michelle (where is she now?), Vicki, Margaret, Bill and of course Kevin and others. I hope I've helped them too but they have absolutely been my reason for what to me feels like great success.

The first 30k

Palm Beach to Manly 1996. My first 30km of any sort and what a baptism. After 1km I had already fallen off the back of the slow running group. The police car bringing up the rear asked me via his loudspeaker if it was OK to pass me - what a nerve! The biggest blister I have ever seen thanks to my new orthotics and 3 hrs 19 mins later in the midst of an amazing tropical downpour, I arrived at the finishing line totally buggered but most importantly to the cheers and support of Kevin and the MTG. I was in tears with the enormity of my achievement but nobody knew that because of the rain! I have absolutely no doubt that without the group I wouldn't have finished what I now know is an incredibly difficult run. Running is about personal achievement as distinct from absolute speed.

In 1996 Roslyn celebrated her 40th birthday and the Canberra Marathon was 3 days after that

hugely important day. That was a challenge I can tell you. Birthdays in our household are celebrated pretty hard anyway but the big four zero! Quite how I managed to satisfy all parties as well as keeping my own goal in focus I don't quite know but a victory for psychological manipulation it certainly was.

Canberra 1996

The great day arrived - April 14 1996. I was ready - ready to run a marathon. 'What was I going for?' people asked. I really hadn't a clue but I said 4hrs 15mins but with no reason for saying that or any other time. I remember very few things about that first marathon but in the aftermath a couple of things stand out and one of these is I feel very important.

Its all about attitude. I reckoned that Roseanne and I were almost equal in running ability and speed and she was therefore for me, the one to beat and I secretly reckoned that that wouldn't be too difficult.

At the first loop Rosanne was about 5 minutes in front of me (obviously gone out too fast). At the second turn around point she was about 10 minutes in front and look hard as I did for signs of distress in her, I couldn't see any. Obviously though she must have gone out far too quickly and I would start catching her soon. And I did. At the third loop I had got to within a couple of hundred metres of her. 'Got you now Rosanne no problem now Rosanne, you went out too fast you know'.

Anyhow that was the last I saw of Rosanne till the finishing line where she was waiting for me having had time to recover and looking none the worse for wear having beaten me home by ten minutes. Why mention all this you may ask.

My reason is in the photographs of the event. In all the pictures of me I am showing the most painful expressions imaginable, I was obviously wanting the world to know what an extraordinarily difficult experience I was having. Surely everybody would admire me more if I showed lots of pain. In all the photographs of Roseanne though she was smiling and waiving and obviously enjoying herself. Somewhere I feel there was a great lesson - Rosanne's attitude to the event was so positive. I'll always thank her for being a teacher. As we all know Rosanne now escorts blind runners in such events as the New York marathon and the source of this I'm sure is in her enjoyment of events and wanting to share the enjoyment and not the pain.

Marathon number one in 4.36. I felt a great sense of achievement, had photographs blown up to poster size, told anyone who would listen and despite never having been short in the confidence department, I definitely experienced an increase in self

esteem.

"Well" Roslyn said, "at least you've got that out of your system, perhaps we can now get back to a normal life and start going out for dinner on Saturday nights again". Yes I said.

"No pasta Saturday night!"

I'm told that running marathons is a bit like having babies. After the first one people say 'never again' but keep on having them. In mid 1997 I persuaded Roslyn that it was time for me to start serious training again for another Marathon and that this time I wanted to run one properly. The first one was just to get to the end of the course, this time I wanted to go sub four hours and that I reckoned I was capable. The condition was that no pasta would be served on Saturday nights. I agreed.

The training was different this time. On reflection I think I did mostly junk miles for my first attempt. For the second I did regular interval training to build my speed and mostly my 5 and 10km runs were at well above my race pace. I did my intervals, hill training and weight training with Chris my trainer. I have had great respect for Chris since she told me 'you're pathetic' during one session when I was not really feeling like running up and down hills at the speeds she was demanding.

Canberra 1998

Canberra 1998 and here we go again for Marathon number 2. It was a perfect day, about 8 degrees at the start, no wind, low humidity - no excuses. We were a big group, mostly different from 1996 but all just as determined and nervous before the start. We were probably individually better planned than in 1996 insofar as people knew what speed they were wanting to run.

An that's the second lesson that this incredibly experienced marathon runner feels strongly about. I reckon that most people don't run to their potential (relative to their fitness and capability on the day) even when they think they've had a good run.

There is much evidence to support the view that ideally and realistically marathon runners in the three and a half to four and a half hour group should be running at even pace throughout (even negative split) if they are to achieve their best possible on the day. This means starting slowly and I mean slowly. It means to run a 3.52 marathon, you do the first km and the last km and every km in between at 5.30pace - not 5.20 and not 5.25. This requires accurate race management and an impeccably self honest assessment as to one's capability.

Mike Hansen ran his 3.30 Canberra at even pace throughout - a brilliant run. Bronwyn was miles

behind me at various points and finished only two minutes behind and closing rapidly (me slowing down) having run steadily and evenly throughout - a brilliant run. On the other hand several people, they know who they are, went out much too fast and ran less than their potential. I went out a bit too fast (although very evenly for 30kms) and died a bit. Had I gone a few seconds slower per kilometre in the first half I reckon my total time would have been a bit quicker. As long as we learn from our experiences we can improve. Its curious that it requires great mental strength to run slowly in a marathon but that is the fact.

Having said that I ran 4.03. a big PB, this time I smiled most of the way round and am still on cloud nine. Canberra 1999 is on Roslyn's actual birthday which may cause a bit of a problem but what is life without a challenge? Thanks to Kevin for his tremendous support of far lesser runners than himself. Thanks to every single member of the MTG, I really hope we stick together and go on to bigger and better things.

What did I hear about a training group for Comrades in 2000?

Sydney Striders Provisional

Results :

SMH Half Marathon

24 May 1998.

John Young	01:10:42	
Dean Decan	01:13:20	PB
Mathew Kaley	01:18:42	
Joanne Cowan	01:18:52	
Ross Sinclair	01:19:22	
Ray Doran	01:19:40	
Peter Truscott	01:19:42	
Andrew Smith	01:20:34	
Wayne Stanton	01:20:50	
Jonathan Trope	01:21:06	
Tim Austin	01:21:46	PB
Andrew Gibbons	01:21:48	
Grahame Murphy	01:21:56	
Raymond Potter	01:22:38	
Richard Briscoe	01:22:38	
Phil Boswell	01:23:22	
Brian Grant	01:23:42	
Jeff Gissing	01:24:50	
Chris Irvin	01:25:06	
Dawn Tiller	01:26:27	
Roy Doutreban	01:28:36	

Mike Ward	01:29:38	
Gary Aitkenhead	01:30:33	
George Lisson	01:31:09	
Charles Coville	01:31:28	
David Solomon	01:31:56	
Peter Hammerschmidt	01:34:10	
David King	01:34:12	
Malcolm Campkin-Smith	01:34:18	
George Herisson	01:34:44	
Jim Screen	01:34:54	PB
David Ritchie	01:36:16	
Mike Hansen	01:36:20	PB
Michael Wilson	01:37:20	
Mark Davis	01:37:24	
Breeda Kelly	01:37:26	PB
Neil McPherson	01:38:12	
Pierre van Heerden	01:38:28	
Steve Roach	01:39:08	
Manfred Fiedler	01:39:11	
Allan Murray	01:40:22	
Keith White	01:41:00	
Ron Daly	01:43:20	
Greg Coffey	01:45:18	
Brad Renshaw	01:45:20	
Annaliese Williams	01:46:02	
Nick Themsen	01:46:26	
Richard Wassell	01:48:00	PB
Douglas Lee	01:49:30	
Rob Campkin-Smith	01:50:00	
Anna-Greta Pearl	01:52:34	PB
Merri Mack	01:52:40	
Michael Dailey	01:53:00	PB
Bill Blecha	01:54:22	
John Simmonds	01:54:22	
Ray Seeto	01:54:24	
Kirsten Themsen	01:54:56	
Stephan Guy	01:55:15	
Penny Smith	01:55:58	
Rodney Green	01:56:56	
Bronwyn Wassell	01:57:00	PB
Margaret White	01:58:02	
Brenda Hamill	02:09:16	
Sally Crawford	02:09:18	
Rozanne Green	02:11:00	
(pilot for Nicholas Gleeson, Achilles Running Club.)		
Mark Fiore	DNF	Injured
Warwick Selby	DNF	Injured

Club News

Committee deliberations.

Meeting : 26 February 1998.

- Blister No 69 production delayed owing to the departure of key members of the Sub-Committee.
Roger Rigby has kindly offered to handle production as a special matter.
- It was agreed to pay the proceeds of a special raffle to Chris Truscott to help him meet the expenses for his overseas trip. The raffle to be held at the Special Awards Dinner in March. First prize to be a Nike warm up jacket autographed by Steve Monaggetti. Chris Truscott will arrange.
- Extensive discussion on ways to improve STaRs for all members. Debate to be continued.
- Production of running uniforms delayed but they are expected to be available just prior to Canberra Marathon.

Meeting : 26 March 1998

- Chris Truscott raffle raised \$475 .
- Members are not returning the membership renewal form but sending in brief notes with credit card details. This causes additional work for committee members. Problems caused include non verification of addresses and race results and verification of correct spelling of names etc. In addition some members advise details of credit cards which the Club is not able to accept thus causing more work and inconvenience to all concerned.
- Conduct of STaRs is still causing concern. Faster runners starting with the early groups are causing the groups to split up spreading runners over long distances. The debate is to continue.
Revised guidelines for STaR Hosts are being progressively distributed.
Chris Truscott has been in touch with UBD Street Directories . They are willing to sell us a copy of their CD Rom for \$500. The Club will consider purchasing a copy of this to help upgrade STaR maps.

- The Club has agreed to provide 30 marshals for the Sussan 10 k Classic. Club to receive \$20 per member.
- Outstanding Achievement Award Dinner attended by 80 people. Bryce Courtenay was the guest speaker . He was very entertaining and his contribution was very much appreciated.
- Firm orders were received for 84 sets of new running gear.
- Marathon Training Group has been recommenced.
- AGM set for 17 May. Committee members to consider their future involvement.

Meeting : 30 April 1998

- All new gear has been distributed.
- Extensive discussion on contents of Annual Report.

Meeting : 10 June 1998

- A review of the Club's general insurance requirements will be undertaken.
- Next Blister expected to be end of July early August.
- Enquiries to be made with City to Surf Organizers re acceptance of Sydney Striders 10k Series times for allocation of preferred starts.
- A brochure to be produced showing designs of all new clothing items which include aerobic gear, triathlon gear , bike shorts etc.
- It was agreed that in future all Members will be required to pre-register for the Club Championships and other popular events. This will at least alert the Committee that a particular Club Member actually took part in the race. At present some runners place their results on a sheet at the end of the race. Others wait until a list of Strider finishers is published and then complain that we missed them off the list. At present someone has to go through the results list after the event trying to pick up say 50 or 60 Striders from say 4000 names in the SMH Half Marathon. The results of everyone are important to the Club and it is hoped that the new system will be more efficient and avoid the embarrassment of leaving people off the published lists.

Committee deliberations continued

- ♦ Kembla Joggers have invited us to participate in the Inter-Club Challenge. Details to come. If the date is suitable it was proposed that we try and combine a Club Picnic day with the Challenge.
- ♦ It was agreed to produce a special item of clothing to commemorate the 800th STaR which is due to be held in January 1999. Hot Design to be asked to help with a design.
- Brief discussion held on Clubs 20th Birthday. To be continued.
- Brief discussion held on Club's involvement with 2000 Olympics. Should we invite overseas visitors to participate in STaRs and if so under what conditions.
- To be continued.

Invitation from Mount Pritchard

Hello Sydney Striders,

I was examining your fabulous web site and noted that you liked to run and experience many different running courses. I regularly run two courses in Sydney's West which I think you would find quite interesting. One course is run on every Saturday and the other one every Sunday.

Every Saturday walkers and runners are invited to join a small group who run on the site of the Sydney Olympic Mountain Bike course. This is a hilly bush run which has majestic views over the whole of Sydney. The Olympic Equestrian event adjoins this site. It also includes Sydney's number one parkingspot, "Moonrise." Every Saturday at 7am runners and walkers meet at Fairfield City Farm and embark on a new exploration of this great venue. This venue is run by the "Friends of the Farm."

On Sundays at 7am Mount Pritchard joggers, another small but dedicated group of runners and walkers, run a course which follows Chipping Norton Lakes. A mostly flat course which is off-road and follows the very beautiful Chipping Norton lake system. Western District runners use the opposite side of the lake for their Saturday runs. Our course follows the waterways of Chipping Norton. Distances of 4 to 25kms can be arranged and most running standards catered for by our small group. We meet at 7am at Lake Moore near Liverpool.

My name is Wayne Lowcock and I'm the Treasurer of Mount Pritchard Joggers. I extend an invitation to any of your members who would be interested in running somewhere different. Your members can visit any weekend. If you want more details you can E-mail me on "lowcock@one.net.au", or I can arrange a more formal meeting for a large group. You could also ring me at home on 9725 1284 or work 9682 0945. Hope to run with you soon.

Wayne Lowcock

Car Boot Sale

Long Sleeve Run Tops – These tops are great for running in the cooler weather. They are made from a 'breathable fibre' which wicks moisture away from the body. Sizes available ex stock are L, XL, XXL, and XXXL. (note: these tops have been made smaller than a t shirt so a large size would equate to a medium etc.)

There are still some of the new style shorts and singlets available as well as the older style.

If you would like to further information on the club uniform my phone number is 9978 9973(bus.) 9428 2001(home) or you can catch me at a StaR (if you can run that fast.....)

And what's next.....

"Anyone looking for a bed (or divan) on the night of July 11? Contact me on 9978 9973 during the day or 9428 2001 evenings. tc"

Message on the LiSt.

(Don't complain about lack of service from our Uniform Director) . -Ed.

The second truth of running

The older I get the better I was.

Club News

Corporate Teams Challenge

25TH OCTOBER 1998.

The Club has accepted an offer from Chris Robb (wearing his Sporting Spectrum hat) to act as Marshalls for this years Corporate Team Challenge. A shortened StaR will precede the event similar to our involvement with the Sussan Classic. Some 40 volunteers are required for various duties on the Domain Course. The Committee is very conscious of the demands placed on members to support this type of activity however, after giving the matter very careful consideration, it was decided that we would say yes this time. The Club is well paid for its involvement and the funds raised make a very useful contribution to covering our annual costs.

The AGM 17/5 1998

I believe for the first time in Club history, the AGM didn't have quorum on the date. The following correspondence from the LiSSt expressess some of the views surrounding the AGM, although I have left out S.W.Bags contributions, because they were all related to soccer!! -Ed.

Jim Screen wrote:

"As some of you know we were unable to conduct the Club's AGM today because we did not have a quorum. The Constitution requires that 10% of members must attend to form a quorum. We needed 28 members but could only raise 23. Yes, there were a few "reliables" not present who had sent their apologies but where were the rest?

Was the outcome of today a vote of confidence by members on the assumption that they did not have to attend because things are going along ok and they can leave things to others, or was it a very clear statement of "not interested" and this is our best way of showing you what we think?

Whatever the reason the fact remains that of some 288 current financial members only 23 attended.

Based on the 10k race and Six Foot Track Marathon which were held on the same day in March we have a minimum of 100 active runners and this does not include those who only turn up

these days for events such as City to Surf. So where were they this morning?

Sydney Striders has a lot to get right in the next year or so concerning its method of operation / administration, event management and member benefits, otherwise it will not succeed. Unless the President and the Committee have the full support and assistance of Club Members continuation of the Club as we know it will not occur. One would have to say that based on this mornings sham that support and assistance is not readily apparent.

I am most annoyed by the events of this morning. Apart from it being a complete waste of time for all of us who attended, I was obliged to withdraw from my Golf Club's Veteran Championships because the finals clashed with our AGM. So much for that gesture. The Club also spent money on hiring the venue and providing the morning tea. In addition I cannot see how we can avoid the cost of doing a complete mail out to inform ALL members of the new date for the AGM. Also, we have to waste time on matters such as this correspondence.

Regards

Jim Screen."

John Sutherland replied:

"It's an age old club problem, volunteers for club officials...i'm going through the same scenario here, with the local Day-care centre trying to rope me in but find time too valuable a commodity.. an excuse everybody uses.. At the end of the day it really boils down to whether club members are interested in participating.. lack of interest in attending an AGM obviously means no interest in the running of the club.

An incentive scheme needs to be introduced for those willing to give up their personal time to help run the club. I suggest Free annual membership, club paid race entries along with accommodation and travel to away races plus club associated expenses

Current club officials ratify this for the incoming officers..

Then put my name down for any vacant position... I'd be happy to come down for Bilpin, Brindabella and Bogong

John Sutherland (Tokyo Japan)

Mark Fiore had this comment:

"Maybe if we include discussions on the club uniform we would get the numbers that we need for the meeting.

Then all those members who want to protect the Striders Green and the "Court Jester" shorts would show. It seems this is the only topic that creates passion within the club. Also it would mean I get to see some people who I have not seen since the last time this was up for discussion.

Mark Fiore.

P.S. I am just a shit-stirrer.

This concludes the discussion initially. Our President has "replied" in his report published elsewhere in the magazine and page 2 contains the elected Committee and contact phone numbers. - Ed.

London marathon top finisher results

LONDON, England - April 26, 1998

MEN:

1. Abel Anton (Spain)	2:07:57
2. Abdelkader el Mouaziz (Morocco)	2:08:07
3. Antonio Pinto (Portugal)	2:08:13
4. Julio Rey (Spain)	2:08:33
5. Abebe Mekonnen (Ethiopia)	2:09:52
6. Robert Stefko (Slovakia)	2:09:53
7. Diego Garcia (Spain)	2:10:35
8. Jon Brown (Britain)	2:11:10
9. Steve Moneghetti (Australia)	2:11:40
10. Kenjiro Jitsui (Japan)	2:12:46

WOMEN

1. Catherina McKiernan (Ireland)	2:26:26
2. Liz McColgan (Britain)	2:26:54
3. Joyce Chepchumba (Kenya)	2:27:22
4. Marleen Renders (Belgium)	2:27:30
5. Lidia Simon (Romania)	2:28:41
6. Sonja Oberem (Germany)	2:29:39
7. Adriana Fernandez (Mexico)	2:29:46
8. Wang Yanfang (China)	2:30:47
9. Malgorzata Sobanska (Poland)	2:32:02

Get Well Derek.

Survivor of a heart attack some 5 years ago and since then numerous marathons, ultra marathons and triathlons including the Forster Ironman and Hawaii Ironman as well as the South African Comrades Marathon, ever popular Derek Smith recently faced the surgeons knife for a bout of heart by-pass surgery. From all reports the event was successfully completed and as those who have been passed by Derek in something like the Brindabella Classic know, the second half of his races always seems to be faster than the first. He is sticking true to form and according to Derek after being slowed down a bit during the operation he is making a good recovery and is now planning his tactics for this years Brindabella. We all wish Derek the speediest and most trouble free recovery possible and we will all be interested to see what running, swimming and cycling activities he will pursue now that he's been repaired. Good luck Derek.

Farewell Wendy Downes.

Sunday 28 June marked the last STaR for our very popular Wendy who with husband John have packed up their belongings and moved on to Airlie Beach, Queensland. Wendy & John have taken on the management and promotion of the Mediterranean Apartments at Airlie in a new business venture for which we wish them every success.

Wendy served on various committees for many years and was President of the Club for two years. She was a tireless supporter of Sydney Striders and could always be counted on to turn up in Club Colours wherever there was a marathon or an ultra being held. She was a very competent bush runner and often left many a male member in her wake. She was also developing into a very keen triathlete and although not the world's greatest swimmer was quite fearless in her desire to succeed in this new sport.

Wendy was presented with a crystal water jug to remind her of her time with Sydney Striders and to help make sure she handles running in the tropics with the same skill as she ran the hills and roads of Sydney.

On behalf of every Sydney Strider we wish Wendy and John every success and happiness in their new life at Airlie Beach.

STRIDERS Awards Night

The Striders Awards Dinner took place on Thursday 12th March at the esteemed premises of NorthSydney Rugby Union Club. It was the best attended awards night for several years, thanks to the excellent organisation and new venue.

World famous author and longtime Strider member, Bryce Courtenay entertained us all as guest speaker. Now Bryce would normally charge several thousand bucks to stand up and give his words of wisdom, but this one was a special freebie for his Strider mates. Hardly a sentence or two had gone by when Bryce managed to slip in a few well known expletives, much to the delight of one or two members seated at his table, before getting down to the real nitty gritty. His account of the meaning of life and the 1993 Comrades Marathon down run had changed quite a bit since the last time I heard it, but all said and done, we all know that Bryce's great skill is as a story teller. We were lucky to get him anyway and thank him for a job well done.

That canine loving duo, Bill Blecha and Kevin O'Kane deservedly won the joint award for the best STAR hosts. Here are two men who really know what turns your average Strider on after a STAR run. Dead simple. Cakes and Mars bars and lots of them.

The Tailford Award for the best Blister article of 1997 went to Jonathan Trope. His literary gem entitled "Only 70k to Go" told the tale of an epic bike ride held to celebrate Peter Corte's 50th birthday; a ride which went on all day and nearly into the night. Jonathan's win was just a slender one point ahead of my own story about the 19th Eurasia Marathon, an account of how I braved what passes for a Marathon in Turkey and my experiences later that evening in the hammams of old Istanbul.

Joanne Cowan took out the Maria Gemenis Cruickshank Outstanding Achievement award and has her name on the trophy more times than most us have can count. A truly outstanding achievement by a great athlete.

President, Jim Screen and Master of Ceremonies, Chris Robb presented the night in its usual fine tradition. Congratulations again to those who won awards and thanks to everyone who worked hard to make the evening the success it was.

Graham Butler

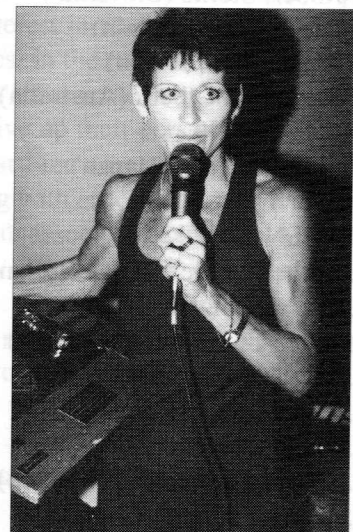


Star Hosts of 1997: K.O'K. and Bill with Richard.



*Bryce Courtenay entertaining during the Awards dinner.
(Please come back next year).*

*Joanne with the Maria Geminis-Cruickshank trophy.
Well done Jo!*



Zane Grey Highline 50 mile Trail Run

Date: 25th April 1998
 Location: 2.5 hours drive north east of Phoenix, Arizona, USA
 Elevation Gain: 8550 feet
 Course Description:

Elevation ranges from 5500 to 7000ft, pine forests manzanita forests, and rocky trail. This is reputedly one of the toughest 50 milers around. The route is in and out of canyons through the Tonto National Forest, basically along a "high-line" just at the place on the Mogollon Rim where the climb to the top becomes vertical hence the name of the trail. The trail is very rocky in long stretches. However the rewards are magnificent views and cool canyons. Weather ranges from cold mornings to warm afternoons. Quote from the race organizer "definitely not a wimp run".

Running with torches

I was surprised with this race having been to parts of Arizona before. Leaving Phoenix you are in a hot, dry and sandy landscape. I thought the race would be much the same, I was wrong. It starts at 5000 feet in picturesque pine forest with rolling hills and sheer cliffs to your left. The weather stayed cool most of the day. In fact the next day a snowstorm came through, lucky for us! There were 37 starters in the cool and dark. We soon split up in the pine trees, our torches spreading just enough light to spot the appearance of rocks and bubbling streams.

I had expected only slight competition in this race, mainly coming from a friend and fellow competitor, Ian Torrence. Ian had only two weeks before run in the US 100km championships placing 8th. I was hoping he would be a little under his best. I was surprised to see a couple of other "hot shots" turning out, Brandon Sybrowsky and Scott Jurec. The race record of 10:30 was certainly in jeopardy, I knew that if I didn't get lost I should get close.

I didn't get lost.

There were deceiving climbs, not big but difficult due to the rocky terrain and narrow trail. The race started at 5:00am due to the long race times in the past. I didn't have too many problems with the course, the markings being sufficient. I had to stop and check my orientation a couple of times but didn't get lost.

The race ended up with Scott putting in a superb performance "spacing" me at each check-point by 5 or 10 minutes. I ran solo in second place

for about 30 miles until Brandon decided I was going too slow for him and charged past me up a stiff climb at about mile 37. I was later passed by Ian at about mile 45 ending up finishing a disappointed 4th.

I had some support from a friend, Dave Capron, who came along from San Diego slightly injured so ran with me for a bunch of miles near the end instead of him racing, thanks Dave as I needed the support.

Running black bear !?

Plenty of wildlife on this run as I spotted a fox, squirrels, lizards and elk, other competitors spotted some black bear.

This race comes close to my ideal, low key, friendly organisers (thanks Linda), some navigation required, great country, beer (and tequila) hot food and a fire at the end. I actually had my first "smores", named by scouts who always wanted "some more", which is toasted marshmallows, hershey chocolate bar sandwiched between two gram crackers, yum yum! The marshmallows melt the chocolate.

A word of warning, we left the finish just as it was getting dark and cooling down at 7:00pm. There were still 20 runners out on the course 14 hours later. It's a tough 50 miles if your interested.

Results:

1.	Scott Jurec	8:48
2.	Brandon Sybrowsky	9:34
3.	Ian Torrence	9:41
4.	Jonathan Worswick	9:48
5.	Jim Dunlap	10:42
9	Julie Arter	12:41

Jonathan Worswick.

New Baby Alert

Pauline Flanagan & Nick Grant

welcomed a baby girl on 21. July. Weight 3,375g. Length unknown. Name: Caitriona. Both mother and child are well and at least one of them will be running soon.

The Rookie

It is hard to think of yourself as a Rookie when you are 35. However, for my trip that culminated in the 1998 Australian Ironman Triathlon that is how I felt. The trip started two years previous when, by chance, I visited the 1996 Ironman race. Whilst I had seen Ironman on TV, until you get to one, I do not think you appreciate the atmosphere of the race.

At that race I said to my wife that I should really do an Ironman. She just rolled her eyes and gave me one of those looks. She also added that you can't swim, you have never ridden a bike for more than two hours and you do not have time to do all that training. Well I am not one who normally lets details get in the way of my dreams, so I told her that I would work those things out. Upon further investigation I found out that from the next year they were introducing qualification races. Qualification would be half-ironman races based on placings in your age group. As I was just about to turn 34 I thought that I would learn how to do triathlons in my first year and then push for qualification after I turn 35.

Lessons Learnt

The first thing I had to do was to learn to swim properly. With the help of a mate (or so I thought he was), I joined a squad at Homebush Olympic pool. After a few near-drowning incidents and roars of laughter from my so-called mate, I gradually got better. In fact after 3 months of two sessions per week, I was leaving my mate behind. Ha, who is laughing now? **Lesson Learnt: The best form of incentive is to show up one of your mates.**

The next thing was cycling. I could cycle. I had learnt as a kid. I had bought a nice bike whilst I was living in Belgium. I had been on some good 1-2 hour rides and had competed in some sprint triathlons. What I had to do was put lots of hours in to improve my strength in my legs and of course, get used to sitting in the saddle for hours on end (or should I say, sitting on my rear end for hours). It was going okay until one cool, slightly drizzly morning when I lost it going around a corner doing 30km/hour. Fuck that hurt. I went skidding for about 10 metres on my side. I had a massive gravel-rash on my thigh and numerous bumps and bruises. It took weeks to heal, but I was back on that bike in a day or two. My mate said that now I was a real triathlete, having had my first proper bike crash.

Lesson Learnt: It is important to have good mates.

The next lesson was the most painful experience I have ever encountered. My mate pointed out that one of the problems with my painful gravel-rash was my hairy legs. To be a real triathlete, the hair had to go. I mentioned this to my wife and boy, you should have seen her eyes light up. She ran to the bathroom and pulled out a huge jar of wax. I questioned her on whether waxing was better or just shaving. She assured me that waxing was heaps better and that it wouldn't hurt a bit. She would even help by ripping the strips off my legs. Two hours later, after a lot of screaming, swearing and crying, I crawled into bed. I couldn't sleep most of the night due to the pain I was in. My wife told me to stop being a wimp, women do it all the time. I politely pointed out to my wife that most females of the human species do not have a forest of hair on their legs like I have.

Lesson Learnt: Never give your wife an opportunity to get revenge for all those hours you have spent training with your mates.

The last lesson was running. I thought I was a good runner. I didn't think there was a lesson to be learnt. Well my first half-ironman cruelly pointed out a significant point. Running after a strenuous cycle is completely different from normal running. Trying to run when you can't stand up, your neck and shoulders are in extreme pain and your quads are shot, is an interesting exercise. The 21kms took me 125 minutes, which is about 45 minutes behind my best time and 35 minutes behind my worst time.

Lesson Learnt: Don't be a smart arse and there is always a lesson to be learnt.

Ironman Qualification

I completed my first season (which included two half-ironmans) and looked forward to some hard training and my 35th birthday. I was moving up an age



group. For those who are not aware, the Ironman qualifying races are at the start of the season. There is one in Forster and one in Callala Beach (near Nowra). I had learnt my lessons from the previous year. I put in two good races. At Forster I improved my time by 12 minutes, though just missed out on automatic qualification by 6 places. I went to Callala Beach full of confidence and I did the job. I finished over 30 minutes better than Forster (on an easier course) and qualified easily. I felt great. I had qualified for Ironman and it was my wife's birthday. That was sweet revenge.

Ironman Training

After qualification, there was no time to waste. I went straight into hard training. The key was the bike. I had not cycled more than 120kms at one time and I had to quickly build it up to 180kms. This was not easy. On one hot day I was riding 150kms. Unfortunately I only made 145km. As I was climbing a hill at Epping near my home, I was feeling so weak I got off the bike and had to sit down. I had ran out of food, water and money. Before I knew it I was asleep on the sidewalk, only to be awoken by a nice lady who let me call my wife to come pick me up.

Fortunately, I had a few friends from Sydney Striders who had also qualified. I frequently trained with Scott Crawford and Peter Hammer-schmidt who were both rookies and both over 50. I felt positively young against these guys, except of course on the big hills, where Scott especially made me feel very old. I was especially indebted to both these guys who put up with my constant punctures. I had days when I punctured 4 times, which is amazing. When I took my wheel to the bike shop for a check up, the young attendant told me that there was nothing wrong with my wheel. I should just learn how to ride so to stop hitting potholes in the road. Don't you love smart-arsed sales attendants? It goes without saying that I do not buy anything more from that bike shop.

The training went pretty well. My swimming was okay. My running was solid and my bike improving. The key was the long rides on Saturday. It meant 7-8 hours of hard training. The one area I struggled was to get some running in after those long rides. I knew this would catch up with me, but I did the best I could given the time allowed.

Ironman Tapering

The long training was over. I started to taper. I do not know if it was a coincidence, but about this time I also picked up a virus. I felt a little ill and was getting plenty of phlegm on the chest. I went through a course of antibiotics. On the

Wednesday before the race I went back to the doctor, as I still felt ill. When I told the doctor what I was doing, she told me that I was mad and could do myself some real damage like dying. Now that is damage. She went through some mumbo jumbo about having a heart attack due to the virus. I told her not to be an alarmist and give me some more antibiotics. She said okay, but if I do die I could not go back and sue her. That sounded fair to me.

I rang my mate and asked him what to do. He said I should stop being a wimp and just race. I had trained for two years and when was the last time I listened to what a doctor said. That is what mates are for. To give sound advice when needed.

Ironman - Before the Race

Up to Forster and through the preliminaries for the race. There was the shave down (note: to my wife's disappointment I had given up on the waxing), massages, race registration, run check in, carbo-loading dinner, bike check in and finally the race briefing. This was serious stuff. There was over 1000 competitors and they all looked super fit. Included in the field were some of the world's best long distance triathletes. During the race briefing they mentioned that in the previous year, over a quarter of the field ended up on drips in the medical tent.

One of my friends mentioned that I looked a bit pensive. You bet I did. I was attempting to complete an event that I had never done. I had never done continuous exercise for more than 8 hours. A doctor had told me that I could die. I was still feeling a bit ill. I had been told that there was 1 in 4 chance I would end up on a drip and I was surrounded by some of the fittest people in the world. Of course I looked fucking pensive.

I have to mention how well the Forster locals treat the competitors. When I met people, they wished me luck and encouraged me. There was going to be over 3000 volunteers helping in the race and the whole town was behind the event.

Ironman - The Race

The race was due to start at 6.15 a.m. Sunday morning. When I woke up I felt a lot better. I had a couple of bananas for breakfast and headed for the start. I forgot to take my water bottles. Well that was a great start. Fortunately this is a common occurrence as there was a line of guys getting extra water bottles at the start. I slipped on my wetsuit, smothered myself in vaseline (to stop the chafing) and headed for the water. The sun was just rising. I promised myself that I was going to finish this thing before that sun went done.

Into the water and into my allocated zone,

with the other 1050 people. At 6.12am I started to swim as the gun (or hooter) went off. For those who are unaware, trying to swim with 1050 other people in a small area is very interesting. There are arms and legs everywhere. Of course people do not mean it, but you end up getting pummelled. I was told to take it easy and not to try to fight my way around the course. I thought this was good advice. The swim is 3.8kms and is two laps of a rectangle course. For the first lap I just sat in with my group and did not push it. To indicate how crowded it was, I was wearing a wrist band, which I had planned to put my heart monitor in for the run. During one of the turns, I somehow had the band ripped from my wrist. Oh well, too bad. At least the heart monitor was safe on my bike. On the second lap the crowd thinned out and I could push the swim a little harder. I finished the swim in 67 minutes, which was okay. Whilst I could have gone a little quicker I didn't think that a couple of minutes was going to matter in the long run.

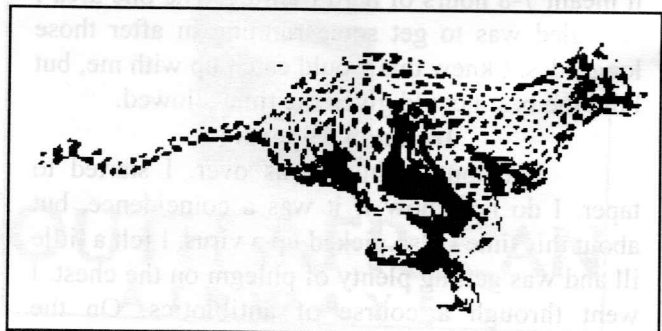
Into transition I got dressed into the bike gear and headed out on the bike. I made sure I had plenty of power bars. I had planned to eat these and drink plain water. I was not going to trust the Maxim that they were supplying. I had heard that unless you were used to the stuff it could give you an upset stomach. Diarrhoea was something I didn't want on this day. The bike was long. It is 180kms. It is hard to explain what you do for six hours. Again I took it easy on the first lap, or so I thought. Coming into town at the end of the first lap was one of the biggest buzzes in my life. People were cheering, clapping, ringing bells, yelling and screaming for everyone. It felt like the Tour de France. I went out of town on the second lap full of heart and vigour. This lasted for about 10 kms. The second lap was mentally tough and for the last 25kms straight into a headwind. My pace was as expected (6 hours for 180 kms), so I felt okay until the last 5kms where I started to cramp in the lower part of both my quadriceps. Great, I still had a marathon to run and my legs were already cramping. The pain went away as I headed into town and that amazing crowd again.

Off the bike and changed into the run gear. What is the first thing you do after sitting on a bike for 6 hours? That is right, go to the toilet. I felt quite relieved and started out on the run. My quad's were cramping, but the cheering of the crowd took the pain away. I started out at a slow but even pace. I knew this was going to be hard, so I didn't want to blow myself away in the first 10kms. In the early part of the run I was passing more people than were

passing me. So I thought I was doing well. I was drinking plenty of water and used the old Strider trick of drinking some flat Coke mixed with water. Whilst not tasting the best, it seemed to work quite well, as whilst my quads were getting worse, I still was able to keep running. I was slowing down, but I kept running. As I was finishing my first lap, the lead woman Sian Welch was about to lap me and finish. The noise of the crowd was incredible. I know that they weren't cheering me, but it was inspirational. As she came up to me there was a lead car in front of her that nearly ran me over. I wondered if I was going to be the first person ever to be run over by a race car in an Ironman. Sian passed and went on to the finish. This was quite hard mentally. Even though the cheering crowd was great, I had another 21kms to go and my legs were feeling absolutely stuffed.

The cramping in my quads was getting worse. Both quads were cramping when I tried to run either up or down a hill. This caused quite a problem and meant a lot of walking on the second lap. As I slowly walked up the biggest hill on the course (which is at approximately 28kms), I was greeted by John Turner, ex-president of the Striders. He told me that I was looking good and to keep going. I told him he was a liar. He said that my old mate Scott was 30 minutes ahead and looking strong. I was pleased for him (well slightly) and knew I had to push on if I wanted to beat that sun.

After 30kms the course flattens out and I was able to get into a Cliff Young shuffle. This raised my spirit and I started to pass other runners. As I went pass one guy who looked like he had fallen off his bike. I told him that there were only 10kms to go. He just looked at me and grimaced that he had 31kms to go. "Sorry about that mate". Following another toilet stop, I headed for the last turn around point. About 500 metres before the turn around I saw Scott. He was walking and looking in pain. He said that his quads were gone. Familiar story. At the turn-around point I had to go to the toilet again. It seemed that all that water and coke was catching up with me. After the turn-around point it is approximately 7kms to go. I was running back towards the sun and I could see that



it was starting to set. I thought about that original goal of getting to that finish line before 6pm and lifted my pace as much as my legs would allow. With approximately 3kms to go I ran past Scott and we issued encouraging words to each other. It is hard to know what to say in such circumstances. Should I say "Bad luck old boy, keep it going" or "Sucked in you old bastard, that will teach you for blowing me away on those hills in training"? I chose the former.

Not longer after I had to go to the toilet again. I couldn't believe it. 3 times in the last 10kms. What was going on with my body? There was only one port-a-loo and someone was in it. Can you believe it? The sun was setting and Scott was only a few hundred metres behind. I decided not to wait and did the deed right where the person, who was in the port-a-loo, would walk as they left the toilet. Ha, that would get them.

I quickly got back into my shuffle and headed for the finish. With 2kms to go there was the last drink station. I declined any more water and someone tried to hand me a night stick. This is one of those glowing sticks that you are supposed to pin on you outfit so people can see you in the dark. I told the guy that I didn't need one as I was going to finish in the daylight. He told me that I had better hurry up.

Mark Fiore, an Ironman

The last 2kms went quite quickly. I was feeling great. As we headed back into town, the crowd was unbelievable. It was obvious that the majority of them were very pissed. They were cheering everyone. The noise was amazing. To run down that finishing chute with the crowd cheering was the greatest sporting experience of my life. If I was sure my wife wouldn't read this, I would say it was the greatest experience of my life, but for the sake of political correctness (and my marriage) I would put it just behind my wedding day and the birth of my two children. As I ran down the chute the cheering got louder, I started acting like I had won the bloody thing. I raised my arms to the crowd, I did high-fives with heaps of people and I couldn't stop smiling. As I crossed the line the guy on the loud speaker called out my name and said I was an Ironman. Karen Pini, who has been to every Australian Ironman, put the medal around my neck, gave me a kiss and said I was a winner. I looked around at the time clock it said 11 hours and 45 minutes. It was 5.59pm and though it was pretty dark it was still daylight to me. At that single point in time I felt absolutely fantastic.

Ironman - Post-Race

It didn't take long for reality to sink in. My quads were cramping so bad I couldn't sit down. Some volunteers helped me to the massage tent and laid me down on a table. The masseur went to work on my body. I didn't realise it until then, but it wasn't only my quads that were hurting. It was my whole body. My neck and shoulders were just as bad, as well as every other muscle in the body. The massage lasted at least 20 minutes. I couldn't have survived without it.

After the massage I got some food and met up with my family and friends. I met up with Scott who had finished just behind me and had a similar story of the dreaded quad cramps. Whilst we were chatting we bumped into Rob DeCastella and said hello. I thought I was in heaven. Not had I only just completed an Ironman, but I also met my sporting idol. Even my wife was impressed.

I stayed around to cheer every competitor in. This was a lot of fun. People who I didn't know came up for a chat, congratulated me and called me a legend. It was a huge party and I think it should be compulsory for every competitor to stay. Most do, even the winners. Sian Welch was dancing in the finishing chute, hugging people as they finished. She looked as if she could have gone around again. I looked like I could hardly stand, but I stayed right to the end.

After the last competitor finished (old Bill Bell, 75 and an absolute legend) and the fireworks and music had stopped, I dragged myself back to the unit. I struggled into bed and tried to go to sleep. Even though I was very tired, I was in so much pain that I couldn't sleep. I lied awake with a grin on my face and kept repeating to myself "I'm an Ironman, I'm an Ironman".

What a day! What an unbelievable day!



Randwick Runners Shop
223 Clovelly Road
Clovelly, NSW 2031
Phone: 9315 8711, Fax 9315 7382

STRIDERS 10K Series

The 10k series are more than half way through its completion. Anything can still happen and the following pages brings the standings after race 6 in Lane Cove.

10k Handicap Competition

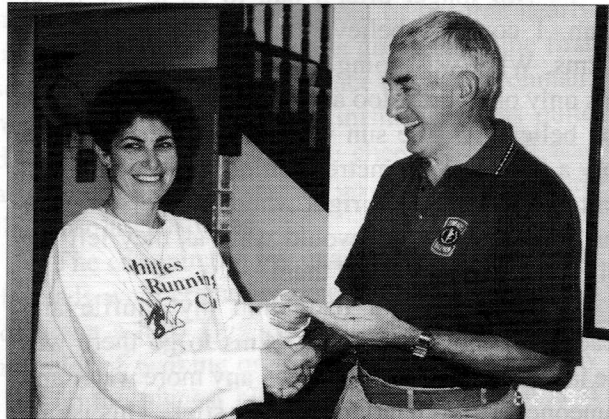
Minimum points for inclusion: 20. Full listings of Handicap competitions can be found on the Club's website.

Name	R1	R2	R3	R4	R5	R6	Tot	Pos
Bronwyn Roberts/Wassell	20		19	20	19		78	1
Anna-Greta Pearl	2	21	16	14		18	71	2
Mike Hanson	18		20		20	2	60	3
Gary Aitkenhead	2		21	13	4	19	59	4
Mathew Kaley	2	18	10	17	2	7	56	5
Neil McPherson	2	3	15		17	16	53	6
Richard Wassell	2		18	16	16		52	7
Stephen Urwin	21		2	18	6	5	52	8
Daniel Smyth	22	17	5	2			46	9
Rodney Green	2	22			22		46	9
Charles King	13		17	5	8	2	45	11
Kerie Kessler	2		22			21	45	11
David King	2		8	8	10	11	39	13
Raymond Potter	8		2	15	11	2	38	14
Ross Sinclair	15	9	2	12			38	14
Andrew Smith	9	14	12	2			37	16
John Hawkins	17	16		2			35	17
Mahmoud El-Khansa	2	4	4	7	9	9	35	17
Peter Dulson	2	11	2	4	2	14	35	17
Jeff Lie	19		14				33	20
John Young	16	10	2	2			30	21
Joanne Cowan	14	2	6	2	2	2	28	22
Rod Lovel	2	2	3	2	2	17	28	22
Tim Austin			2	21	2	2	27	24
Chris Ivin		20	2		2	2	26	25
Manfred Fiedler		12			12	2	26	25
Ted Brailey	2	15	9				26	25
Philip Boswell	2	2	2	2	7	10	25	28
Bill Blecha		2	2			20	24	29
Catriona Cater			2	22			24	29
Rozanne Green	2		2	2	18		24	29
Julie Wessels	2	19	2				23	32
Steven Holland	2	8	2	11			23	32
Allan Murray						22	22	34
Brian Grant	2		2	2	14	2	22	34
Peter Truscott	12	2	2	2	2	2	22	34
Brad Renshaw					21		21	37
David Ritchie	2		2	2	15		21	37
John Hamilton		2	2	2	2	13	21	37
John Hodges	6	13	2				21	37
David Solomon	2	2	2	3	3	8	20	41

10K Series Charity Day \$500 for Achilles Running Club

It's no secret that 2 of the 10K Series Run in Lane Cove are dedicated Charity. This year makes no exception

Below presents Jim Screen, President of Sydney Striders a cheque for \$500 to Rozanne Green, Vice President of The Achilles Running Club.



Upcoming events

- 9. August City to Surt
- 15. August Mt. Wilson to Bilpin
- 16. August Olympic Way Marathon, Wagga-Wagga
- 23. August Hopetown Relay, Sydney -Gosford
- 30. August Noosa Marathon
- 6. September Sydney Marathon
- 19. September Royal National Park Ultra & Relay
- 11. October Melbourne Marathon

Undoubtedly many more runs are on the calendar. To keep updated of venues and opportunities, please refer to the Strider Calendar and coolrunnings website.

Wanted 1 Running Pram.

To get me out and running again with my little girl.

Contact Justin Lenehan

Ph 9394 1644 (W) 9878 4400 (H)

Email jlenehan@delmas.com.au

Striders 10k outright standing after the first 6 runs.

Name	R1	R2	R3	R4	R5	R6	Tot	Pos
Joanne Cowan	22	22	22	22	22	22	132	1
Mathew Kaley	18	20	19	21	22	22	122	2
John Young	22	22	22	22			88	3
Richard Briscoe	14	14	18		21	21	88	3
Wayne Stanton	17	15	17	16	17		82	5
Anna-Greta Pearl	14	17	14	15		19	79	6
Annalise Williams	21	20	16	20			77	7
Peter Truscott	20	19	2	15	12	5	73	8
Andrew Smith	15	18	20	18			71	9
Ross Sinclair	19	17	16	19			71	9
Tim Austin			14	17	20	18	69	11
Lyn Allan	15	18	15	19			67	12
Stephen Urwin	12		8	13	15	17	65	13
Philip Boswell	9	11	5	9	14	16	64	14
Stephen Jackson	16	16	11			20	63	15
Bronwyn Roberts/ Wassell	16		13	14	18		61	16
Rozanne Green	13		12	16	20		61	16
Julie Wessels	19	21	19				59	18
Rod Lovel	6	10	12	7	10	14	59	18
Brenda Kearns				18	19	18	55	20
Kerie Kessler	17		17			20	54	21
Penny Smith	18	19		17			54	21
Raymond Potter	8		6	12	18	10	54	21
Steven Holland	11	12	13	14			50	24
Chris Ivin		13	10		13	13	49	25
John Hamilton		5	7	11	11	15	49	25
Brian Grant	10		2	10	16	5	43	27
John Sauer		21	21				42	28
Catriona Cater			20	21			41	29
Paula Leavy	20				21		41	29
Peter Dulson	2	7	2	6	9	12	38	31
Dan Leavy	2		9	8	8		27	32
Gary Aitkenhead	2		2	3	7	11	25	33
George Lisson	2	6		5	5	7	25	33
Christopher Dwyer	21						21	35
Jenny Truscott			21				21	35
Jodie Pfennigworth						21	21	35
Christopher Smith				20			20	38
Jeff Gissing						19	19	39
Jonathan Trope					19		19	39
Wendy Downes			18				18	41
John Hodges	5	9	3				17	42
Margareta Langsworth						17	17	42
John Walker			2	2	6	6	16	44
Craig Thom	3	8	4				15	45
David Solomon	2	3	2	2	4	2	15	45

Name	R1	R2	R3	R4	R5	R6	Tot	Pos
Grahame Murphy			15				15	45
David Loader	13						13	48
Pat Morris				13			13	48
Greg Coffey	2	2	2	2	2	2	12	50
Mahmoud El- Khansa	2	2	2	2	2	2	12	50
Tom Burnell	2	2	2	2	2	2	12	50
Charles Coville	2					8	10	53
Charles King	2		2	2	2	2	10	53
David King	2		2	2	2	2	10	53
Geoff Taylor	2		2	2	2	2	10	53
Mark Davis	2	4	2	2			10	53
Neil McPherson	2	2	2		2	2	10	53
Alex Whitworth						9	9	59
Mike Hanson	2		2		3	2	9	59
Alan Murray	2	2	2	2			8	61
Daniel Smyth	2	2	2	2			8	61
David Ritchie	2		2	2	2		8	61
John Whealy	2	2	2		2		8	61
Kevin O'Kane	2		2		2	2	8	61
Richard Wassell	2		2	2	2		8	61
Phillip Barrow	7						7	67
Bill Blecha		2	2			2	6	68
Bruce Murray	2	2		2			6	68
Doug Lee	2	2	2				6	68
Jeff Lie	4		2				6	68
John Hawkins	2	2		2			6	68
Jurgen Joester			2	2		2	6	68
Manfred Fiedler		2			2	2	6	68
Michael Wilson			2	2		2	6	68
Mike Ward			2	4			6	68
Nick Selby	2		2	2			6	68
Peter Madden	2			2		2	6	68
Phil Naylor	2		2	2			6	68
Rodney Green	2	2			2		6	68
Stephen Guy	2		2			2	6	68
Steve Zolessi	2		2	2			6	68
Ted Brailey	2	2	2				6	68
Barney Gordon		2			2		4	84
George Herisson	2				2		4	84
Joe Degabriele		2	2				4	84
Robert Chalmers				2	2		4	84
Robert Inglis					2	2	4	84
Ron Stitzinger		2	2				4	84
Tony Hatch	2					2	4	84
Tom Hodges						3	3	91
Allan Murray						2	2	92
Andrew Feberwee		2					2	92
Brad Renshaw					2		2	92

to be continued page 22..

Striders 10k Series *continued*

Name	R1	R2	R3	R4	R5	R6	Tot	Pos
David Lancaster			2				2	92
Frank Dearn			2				2	92
Gerard Donnan			2				2	92
Hugh Langshaw		2					2	92
Larry Meale			2				2	92
Mike Wilson	2						2	92
Paul Glare		2					2	92
Paul Morgan	2						2	92
Peter Cobley				2			2	92
Peter Cookson						2	2	92
Peter Dwyer	2						2	92
Peter Hammer-schmidt				2			2	92
Philip Kennedy	2						2	92
Ray Seeto					2		2	92
Scott Crawford						2	2	92
Steve Harris	2						2	92
Brian Tailford		2					2	92
Charles Reis		2					2	92
Chris Cronin	2						2	92

Gold Coast Marathon week

Having participated in this magnificent event in 1997 and not starting in Canberra, we commenced training with the greatest of expectations and even entered a Sydney Striders Team consisting of Bryan Grant, Tina Campbell, my wife Kirsten and yours truly. The first blow to the team occurred when Kirsten had an injury (overuse, inflammation etc.) about 6 weeks before the event. It took quite a while before she was running OK again and consequently reduced her participation from a full to a half marathon.

That was not so bad, only three participants from the team had to finish. Then Tina got the flu and a week before the event reduced her participation to the half marathon as well. Good-bye Sydney Striders Team. In the end Tina cancelled her trip completely. I hope you have recovered fully by the time this is published. As if this wasn't enough, I pulled a calf muscle 10 days before the run which plenty of rest, ultrasound and even deep tissue massage couldn't cure. The last test run on the Friday made me decide not to run at all. There was no way I would have made 42k.

And then on the day - I'm still not precisely aware what occurred - Brian had severe problems, but finished heroically in about 3.36, well below his expectations and ability. He'll try and improve next year!!

There was a number of other Striders participating and the approximate times are listed below. Please excuse any omissions and let me finish by congratulating the brave contingent who participated, especially all the PB's.

Marathon:

John Young	2.29??	PB
Wayne Stanton	2.54.??	
Kelvin Marshall	2.57.??	
Peter Truscott	3.00.23	PB
Mike Hansen	3.24.??	PB
Brian Grant	3.36.00+	
Mahmoud El-Khansa	3.30.00+	
Alf Field	3.30.00+	

½ Marathon:

Anna Gretha Pearl	1.50.00??	PB
Kirsten Themsen	1.57.00??	



Monsieur Le President with awards winner Joanne Cowan and Kevin O'Kane at the Presentation Dinner at Norths Rugby Club.



**SOUTH AFRICAN
AIRWAYS**

With all the keyboard-freaks in our Club, the following article submitted by Peter Cookson is considered most appropriate:

The following is an article written by Paul Shields from West Australia for his local running club (WA Marathon Club) Newsletter. It is entitled 'Running and the Internet'. He thinks it may be of interest to Striders and is happy for us to publish in the Blister.

Running and The Internet

Runners have an insatiable lust for information. This can range from how to run faster or longer, through recovering from injuries to how other runners are fairing. Many people find answers from other runners, coaches, magazines, doctors and books, but now there is another way that can help and enhance traditional means. The Internet.

This brief article won't tell you all of the best sites or even provide a long list of running related material. It will introduce you to how the Internet can be used to help you in your running and provide you a few starting points. It will also briefly describe what the Internet is and some of the more useful services for runners.

The Internet is a vast interconnected series of computers that have chosen to use a common language to communicate with each other. Nobody controls it and there is no central body. The common language specifies how you can join, how to let other computers find you and how to talk with the other computers. There are many different applications or programs that can run on a computer connected to the Internet which can make use of this linkage.

The most popular is email (electronic mail). This allows people to send messages (words, pictures, sounds, video etc) to anybody else on the Net. The next most popular is the World Wide Web. Think of the Web as a series of pages which can contain anything (words, pictures, sounds, video etc) that are connected to other pages anywhere in the world based on how relevant that the writer thinks the connection is. It is like a spider's web of related information. You follow a link (connection) by clicking on an area of the page of interest. It is easy to spend a lot of time surfing these links. The final application I will mention here is Usenet. It is a series of ongoing discussions on just about any topic you can imagine. The various discussions are

called newsgroups and there are many related to running. There are hundreds of other applications on the Internet but email, the Web and Usenet are the most relevant to running.

Looking at some issues that face runners we will see how the Internet can help.

Injuries

This is the most common area where runners ask for help. The Internet can be of great help in this area. Firstly there are many doctors who have placed information about running injuries online. An example is Dr Steve Pribut's Running Injuries page (<http://www.clark.net/pub/pribut/spsport.html>). He has good advice on preventing and treating most running injuries. He also is available by email to answer specific questions. As a bonus he also includes information on biomechanics, sport shoes, physiology, weather and running and overtraining. There are many other sites. As an example I found 181 sites that had information relating to "runner's knee".

You may also want to talk with other runners about an injury. How did they get over it, what worked for them. With the Internet you are almost certain to find someone who has had the same injury as you. Many sites have discussions on all aspects of running. An example is the Runners World forums (<http://www.runnersworld.com/forum/>). Here you will find a specific discussion about injuries. The rec.sport.running newsgroup also has many discussions on running injuries. One of the best ways of getting in touch with other people is, after checking that

there is no current discussion that you can join, is to just ask if anybody can help. Both the Runners World forums and the rec.sport.running newsgroup have ten's of thousands of people looking at them each day, so it is quite likely that someone will answer.

There are also many descriptions of alternative remedies (<http://www.alternativemedicine.com/>) on the Internet. It is best to remember in these cases that there is no guarantee of the validity or accuracy of any information you find on the Internet. Anybody can claim anything. You need to make your own judgement based on who is saying it, whether it can be verified and whether it stacks up with your current view of things. There are many quacks out there.

Finally you can get information about the latest research and treatments even before many doctors. There are many peer reviewed journals that publish to the Internet. For example "Medicine & Science in Sports & Exercise" (<http://>

www.wwilkins.com/MSSE/) the official journal of the American College of Sports Medicine. There is also access to Medline (<http://www.healthy.net/library/search/medline.htm>). This provides a full text search of the abstracts from most of the medical journals published worldwide. There is of course danger in interpreting much of this information without the appropriate background.

Training and Performance

Many of the common questions asked of coaches relate to running faster or longer and how to train for a particular event. The Internet has a wealth of information relating to training and performance. Firstly there are many sites with tips and advice. Each area (track, distance, marathon, ultra-marathon, hash, cross country, orienteering, rogaine, triathlon, duathlon, adventure sports etc) has sites dedicated to them. Some examples of advice pages are Online Sports Coaching (<http://www.sportscoach.com.au/contents.html>), or Runners World (<http://www.runnersworld.com/training/>) or Kick Sports (<http://www.kicksports.com/good/index.shtml>).

There are also many sites that, based on information you supply, can generate personal plans, interval paces, race pace charts, VO2max prediction, target heart rates, body weight, predicted race times, etc. A large selection of these can be found at the Runners Web (<http://www.sirius.on.ca/running.html>). These widgets are always available and can run on any computer that has a Java enabled web browser (almost all browsers).

There is also software that you can download from the Internet that will enable you to generate individualised training plans. Three of these are as follows: RunCoach - (<http://www.sportscoach.com.au/runcoach.html>), PC-Coach - (<http://www.pccoach.com/>) UltraCoach - (<http://www.ultracch.com/>). A large list of logging and coaching software can be found on the Runners Web (<http://www.sirius.on.ca/running.html>).

There are also many personal coaches who have put their shingle up on the Internet. These people will coach you via email. You provide them some information, they then produce a training plan and guide you through it. They are there anytime to answer questions you might have. An example is Jack LeGrand (<http://www.unistar.net/coach/info.html>).

Races and Results

Most of the world's major running events are on the Internet (eg London Marathon [http://www.london-](http://www.london-marathon.co.uk/)

[marathon.co.uk/](http://www.london-marathon.co.uk/)). These sites have details about the race, registration information and forms, course maps and details etc. After the race they often have the results as well. Many of the smaller races run by clubs are also available as well. My local club (West Australian Marathon Club) has a race calendar and results available. Your club may do so as well. If you are travelling anywhere in the world it would be useful to do a quick check on the Web. You will likely find information about local races, club training runs and contact information.

Running for Fun

There are many people out there who love running and like to talk with like minded individuals. The Internet is a great place to do this. There are many discussions that are a place for like minded individuals

to get together and chin wag. A few examples are as follows: Dead Runners Society - (<http://storm.cadcam.iupui.edu/drs/drs.html>) Internet Ultra-Marathon Society - (<http://fox.nstn.ca/~dblaikie/>) Run the Planet - (<http://www.communityware.com/sports/Fitness/722/>).

There are many small groups that also just get together to give each other support. Most of the time these people are located on different continents but form friendships based on common interests and close contact that the Internet provides.

Special Interests

The Internet is a great place for people to find others which have like minded interests. In a city of a million people there might only be a couple of people who like six day racing but in a community of 100 million (current size of Internet) you might find a hundred or so. If you have a particular aspect of running you enjoy and can't find too many people who are interested locally then the Internet is the place for you. Some examples are as follows:

Rogaining - (<http://rogaine.asn.au/ara/>)

Adventure Racing - (<http://yuri.harvard.edu/~nagle/>)

Clydesdales - (<http://www.teamclydesdale.com/>)

High School Cross Country - (<http://www.cs.uml.edu/~phoffman/highs.html>)

Gay and Lesbian Runners - (<http://www.webcom.com/~bkm/if.html>)

Pregnant Runners - (<http://lifematters.com/rofin-tro.html>)

There are many many more.

Cross Training and Multisport

Many people who are fitness minded are involved in running as well as other physical activities. Multi-

sport enthusiasts are well catered for on the Internet. There are many sites related to triathlon training and results (eg <http://www.triathletemag.com/>). There are also sites which support the non-triathlon multisport events (eg Girl Teams - adventure training for women <http://www.girlteams.com/>)

Many individual tri and multi sport athletes maintain their own home pages. You can find out what they are doing and how they train.(eg Sharon Donnelly http://www.sirius.on.ca/running/sharon_donnelly.html,

Sara Odell http://www.ultracch.com/html/sara_odell.htm). The best way to find these sites is by using a search engine (eg Infoseek, Excite) and typing in the name of the athlete you are interested in. Search engines index much of the Web and so allow you to quickly locate the page you want. For instance searching Infoseek for "Ray Boyd" (a local West Australian athlete) found a list of profiles of the competitors to the 1997 Track and Field World Champs of which Ray was a competitor and another page with his Marathon PB in an all-time ranking of Australian marathons.

Summary

This article has hopefully given you a glimpse of the wide variety of useful information available on the Internet. It is a fantastic place to get advice and help on all aspects of running. It can also give you immediate feedback on race results and running news. Finally it is a great way to meet like minded people and just talk about one of your favourite pastimes.

Paul Shields

"Just to give the author a plug - he has developed software package called runcoach referred to above. This is a windows based product that enables you to enter your daily run details on a calendar and then use this training information and details of your PBs to develop a training program for future races. The software is available from Online Sports Coaching

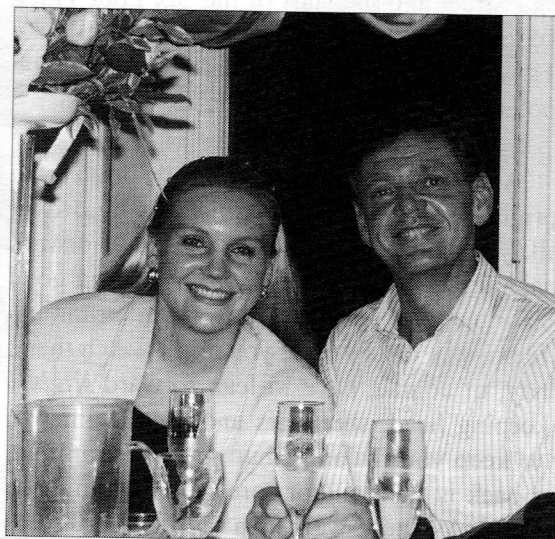
(<http://www.sportscoach.com.au/contents.html>). There is a free evaluation period before you have to pay USD 25 for it. I have been using a Beta copy for some time and have found it useful, although currently it tells me that my chances of running Brindabella in under 5 hours are 'hopeless'. Perhaps it knows something that I don't.....

Regards,

Below is featured two wellknown Striders portrayed at an intimate dinner in Sydney CBD.

The shot was offered to the esteemed local press by a paparazzi, however yours truly managed to secure the picture at considerable expense. It's in my opinion important to protect our members from unintended exposure that could lead to any misconceptions in the public.

-Ed



New Baby Alert

Amanda & Geoff Taylor

Peter William arrived safe and well at 5.32 AM on Friday 10. July. Both mother and father are doing well, (so is Peter William, 3.75 kilos and 52 centimetres). Baby's race time was a touch under 6 hours. About the same time as Amanda's Two Oceans Marathon.

Amanda Looks like a million dollars as does baby Peter but Geoff is already finding more excuses than Kevin Tiller for his recent below par running performances.

Blister #71 Deadline

Due to the late arrival of this issue, it is the intention to close for material for the next issue on the 12. September, I might add, this year. The purpose of the Blister has perhaps changed slightly over the years, but I think it should reflect all the activities in which Striders participate around the world. So please submit as soon as possible . -Ed

The following article was originally published in the MTG Newsletter but seems relevant for any runner - with or without marathon ambitions.

Handling Hills

General

By hills, I am mostly talking about uphill. Not to many runners are intimidated by downhill (Attunga Street and the start of the Six Foot Track excepted). You can't avoid them. Nobody really like hills, However, if you train regularly on them, you will soon be able to handle them faster and easier.

Posture

As for the flat, you run up hills best if you are upright. If you bend your waist and head over the hill, you move your centre of gravity forward and make harder work of it. There is never a good reason for bending your head down while running. Your feet won't disappear if you don't watch them. You may, of course, have to lean forward *slightly* (still keeping head, shoulders and hips in line) in order to keep your balance, but no more than that. If your back is tight and/or sore, you're leaning too far forward. As a test, walk up a set of 8 or 10 steps with your head up and body in line. Then do it again with your head bent down, looking at your feet. You'll feel what I mean.

Technique

Economy and rhythm are the keys to successful hill running. Even more than on the flat, you need to run the hills within yourself. Low knee lift, rapid short steps with light push-off, controlled (but not frozen) arm movements are the way to go. You have to be very careful to stay relaxed and to keep up your rhythm, arms and legs working together. You can tell a poor hill runner. He/she will regularly drop off as soon as they hit a hill, even though they kept up easily otherwise. Either they're bent over, head forward, causing the body to work against itself, or they lock their arms and shoulders, which is about the best way known to prevent rhythm developing. Some of last year's worst hill runners have greatly improved their form, and are running better as a result.

Mental

If you start out saying "I can't run hills", then you won't. You are not expected to be excited by hills, or to enjoy that lung filling sensation, but you can cut down the pain.

Benefits

Hill training strengthens your legs, lungs and heart. You can't avoid hills, so why not take advantage of their innate advantages for training. Because so many people run hills badly, they give you an edge in races if you run them sensibly and positively.

Racing

In races, hills provide variety, and rest some of the muscles fatigued by interminable flat stretches. All of my best races, without exception, have been on courses which are at least slightly hilly. Particularly in big races, you're better off going up hills within your comfort zone. Save the extra effort for the more level bits. What you gain by surging up hills you more than lose when the course levels out. The exception is if you are racing an individual or group. If you feel OK, you might well gain a considerable psychological benefit by opening up a gap on a hill. By the time they look up, you might be 200 metres ahead.

Downhills

Running down hills puts a great strain on your quads and knees. The aching legs after the City to Surf are from the downhill, not the uphill. It is just as important to run the downhill under control as the uphill. Because you can hit the ground with a force several times your body weight, you can easily do yourself an injury by bounding down hills, particularly steep ones.

Practise running the top of hills and down the other side. You'll keep your hard earned momentum going if you don't heave a sigh and stop when you near the top. 20 metres extra effort at the top and you'll get your breath back. Recovery on the run will give you more benefit.

Hill Workout

Pick a hill, definitely not too steep and with a consistent gradient. It should be no more than 250 meters long. Warm up for 15 minutes (not on the hill) and then do 8 to 12 repetitions at about 80% to 90% of capacity. In between, jog slowly back to your starting point, then do the next one. Concentrate on posture and relaxation, particularly head and shoulders.

Kevin O'Kane

A person is never a failure who keeps trying

Sign in Pennant Hills High School, Library

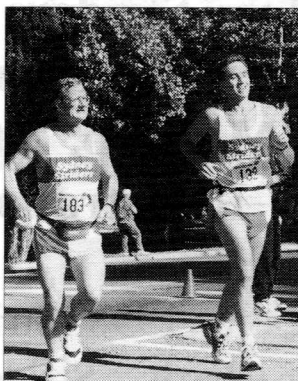
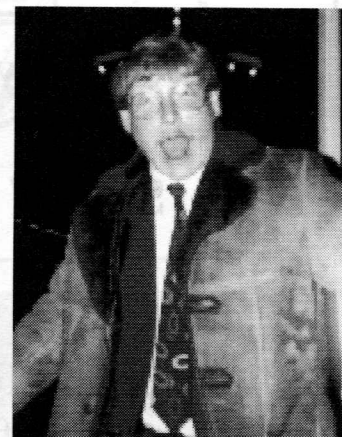
Cities Marathon**26. Juli 1998**

The unofficial results arrived just before the editorial team delivered to the printer. How lucky can you be? Please excuse any omissions.

Winner:	Peter Spehr	2.47
Striders:	Kelvin Marshall	2.58
	Richard Briscoe	2.59
	Steve Urwin	3.05
	Guy Griffin	3.15
	Mike Wilson	3.34
	Dick Bartlett	3.49
	Jim Screen	3.50
	(4 min. delay waiting for trains!??)	
	Manfred Fiedler	3.57
	Alf Field	4.06
	Brian Grant	DNF

"Personal profile"

As well as yours truly only are familiar/know of a very limited number of the total members, many members may not know yours truly. Below is the 2 last editors running in Canberra 1998 and beside them is your truly!!

*Hello!**Old Editors, Goodbye***Striders in Training**

<i>What and When</i>	<i>Who</i>	<i>Where</i>
Achilles Running Club: Chris Robb 9959 4269. Assisting disabled walkers/runners. Sunday 8 am.	Rozanne Green, Chris Robb and others	Hyde Park near St James Station, Elizabeth Street, Sydney
Equalizer AM Group: 12k or so, Wed. 5.30 AM. Contact Kevin O'Kane 9283 3355	Keith White, Breeda Kelly, Brian Grant, El Pres, Mike Hansen and others	Akron Oval, Akron Road St. Ives
Equalizer PM Group: Up to 14k, Wed. 6.00 PM. Contact Mike Ward 9957 3566	Check for group details for winter months.	Wyatt Reserve, Wyatt Avenue, Belrose
Lane Cove River Runners: About 10k. Tuesdays and Fridays 5.45 PM. Contact Mike Ward 9957 3566	Mike Ward, Scott Crawford, Rod Lovell, George Lisson	Lane Cove River Park, Fullers Bridge Entrance, Fullers Road
Marathon Training Group: About 10K. Thursdays 6.00 PM. Contact Kevin O'Kane 9283 3355	Michael Bailey, Ricard & Bronwyn Wassell, Brad Renshaw, Carol Taylor, Bill Blecha and others	Waverton Bowling Club, Wollcott St. Waverton
Saturday Morning Bush Group: Nothside Bush run, 6.30AM summer, 7.00AM winter	Jonathan Trope, Scott Crawford and others	Various locations. Contact Scott Crawford scottc@s054.aone.net.au
Sun Alliance and Royal 5k Handicap: Wed 12.10 PM. Contact Tina Campbell 9978 9973 or Cameron Osborne 9978 9976	Tina Campbell, Cameron Osborne	Western Park, Pacific Highway Chatswood (next to Chatswood Toyota)

Sydney Striders 1998 10k Race Series

Sydney Striders Open 10k Races

- Six scenic courses
- Start 7 AM sharp, 1st Saturday of the month
- Registration from 6 AM

Entry fees for 1998: Striders \$5, non-Striders \$8

Runs for Charity: Striders \$7, non-Striders \$10

Entry fee includes refreshments

Enquiries: Sporting Spectrum 02 9959 4269

Remainder of 1998 Programme

5. September	North Head	Cnr Darley Road and NorthHead Scenic Drive, Manly
3. October	Homebush	Venue to be advised
7. November	Lane Cove	
	River Park	Fullers Bridge, Chatswood West (Charity Run)

The Sydney Striders are proud to be associated with our sponsors



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AIRWAYS



Sydney Striders